

OTTAWA

metro



Falling asleep on a bus isn't cute...

...Unless you're #busfox, who has snoozed his way into the hearts of Twitter users [PAGE 3](#)

Ottawa Mohawk man's land claim

Jason Arbour is attempting to reclaim rights to nearly 100 square kilometres of land [PAGE 6](#)

EXHIBIT BEY

ROCK AND ROLL HALL OF FAME MUSEUM DISPLAYS SOME OF YONCÉ'S MOST FAMOUS GETUPS [PAGE 17](#)



NO BOY BANDS

LIVE 88.5 fm

Why can't AIDS group rent in this building?

240 Bank St. AIDS Committee of Ottawa suing landlord, real estate agency

 **LUCY SCHOLEY**
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An Ottawa AIDS organization is suing a landlord and real estate agency over allegations of discrimination, after the building owner ended its lease.

The AIDS Committee of Ottawa (ACO) signed a lease for the fourth floor of 240 Bank St. in May 2013 and was due to move in the following October. But on the day the not-for-profit organization went to pick up keys for the building, the landlord allegedly terminated the contract.

The ACO had planned to provide safe injection and safe inhalation supplies and install a shower, laundry facility and kitchen. But the landlord claimed those plans violated the lease.

According to court documents the ACO is seeking \$35,000 in damages for discrimination on the basis of disability. The plaintiff's statement of claim calls the lease termination move "high-handed, malicious, arbitrary and highly reprehensible."

It also alleges the landlord expressed concerns the ACO's par-

ticipants would spread lice to other visitors in the building, pose security risks in the stairwells and "have to share the hallways" with other visitors. The allegations in the claim have not been proven in court.

"We felt that ... it was discriminatory and there was some HIV phobia involved in the stance that the landlords took," said Khaled Salam, executive director of ACO.

The landlord — named as 240 Bank Street Holdings Limited — denies the accusations.

The ACO never dealt directly with the landlord prior to signing the lease. Real estate agency Cushman & Wakefield Ottawa

acted as the dual agent, according to the landlord's defence claim.

The landlord also claims it was "misinformed" by Cushman & Wakefield and never

Lawsuit

"High-handed, malicious, arbitrary and highly reprehensible." The ACO's statement of claim on the move to terminate the lease

knew of the ACO's plans to build a laundry room, kitchen and provide safe injection supplies.

The lease states the space is to be used only as a community centre and office and that cooking is prohibited.

However, a separate section says the tenant could build separate offices, a shower, laundry room and

kitchen with the landlord's approval.

After ending the lease, the landlord claims it offered agent recommendations to the ACO to help find a new place, but that the ACO declined.

Cushman & Wakefield Ottawa claims it never acted on behalf of the ACO, but only the landlord. The company's defence claim says the real estate broker verbally informed the landlord about the shower, kitchen and laundry plans, but that the ACO later altered those plans.

Metro was unable to contact the lawyer representing Cushman & Wakefield Ottawa, the company itself or the landlord at 240 Bank St.

According to Salam, the parties are working on settling the matter out of court.

Salam said the ACO is still searching for a new home. Meanwhile, the organization renegotiated a lease with its current landlord and is still providing harm reduction services at 251 Bank St.

The AIDS Committee of Ottawa is suing the landlord at 240 Bank St., pictured, over allegations of discrimination. LUCY SCHOLEY/METRO



'Comics are the new sports'

This Saturday. Mirror Comics holding meet-and-greet with fans

DENIS ARMSTRONG
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Comic books aren't just for kids any more.

Fast on the heels of signing a major distribution deal south of the border, Ottawa's Mirror Comics is giving seven of its comic book artists and creators a big push here at home with a live meet-and-greet this Saturday at the Comic Book Shoppe, 228 Bank St.

Between 11 a.m. and 4 p.m., Geoff Isherwood, Jack Briglio, Ron Sutton, Janet Hetherington, Josh Stafford, Kristopher Waddell and Dominic Bercier, Mirror Comics' creator and publisher, will be around to meet with readers, talk about new trends in comic booking, admire the fashion ingenuity of fans and give advice to budding comic book creators on how to get into the business.

Fans, particularly those in

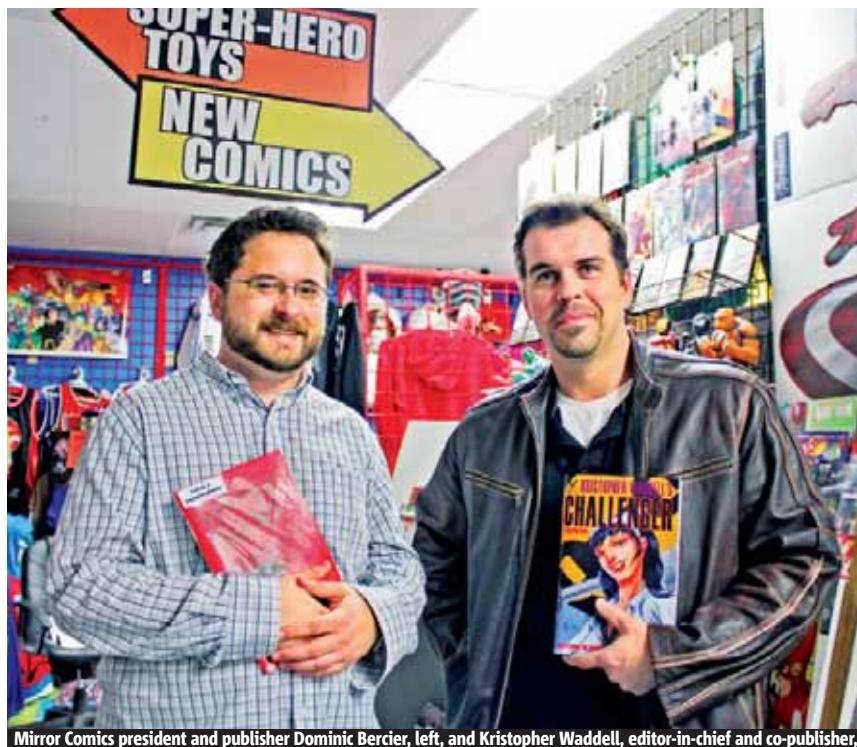
their twenties, can't get enough of comic books — thanks to big-screen adaptations of characters such as Batman (who turns 75 this week), TV series like The Walking Dead and the popular cultural carnival called Comicon.

"Archie's dead and the zombie apocalypse is going to Riverdale," said Rob Spittal, owner of Ottawa's The Comic Book Shoppe. "Ninety-five per cent of my clients are adults who need to escape reality for an hour."

With a plethora of creative comic book artists and writers living here, Ottawa has become a creative hub. Bercier created Mirror in 2010 when he couldn't find a place that invited alternative comics.

It now has a roster of 20 creators, has published more than 25 comic books and graphic novels and is about to get a new distribution deal that will take it across the U.S.

"The first Comicon in 2012 turned Ottawa from a sleepy government town into a big centre for geeks, weirdos and artistic types," said Bercier. "Comics are the new sports, the most popular entertainment."



Mirror Comics president and publisher Dominic Bercier, left, and Kristopher Waddell, editor-in-chief and co-publisher, pose for a photo at the Comic Book Shoppe on Bank Street. CONTRIBUTED

Sleepy fox takes a nap on Ottawa bus



A fox was found sleeping on an OC Transpo bus at the Industrial Avenue garage on Sunday. COURTESY OC TRANSCO

What did the fox say (when he boarded an Ottawa bus)?

"Zzzzzzzz."

A photo of a napping fox on an OC Transpo bus posted to Twitter Wednesday had netizens saying 'awww.'

An OC Transpo employee was surprised to see a fox sleeping on a seat on an unoccupied bus parked at the maintenance garage on Industrial Avenue Sunday morning, the city said.

The photo tweeted Wednesday by CBC reporter Stu Mills sparked a frenzy of retweets,

a #busfox hashtag, and even a parody Twitter account (@OttawaBusFox).

The fox left on its own once the Ottawa Humane Society arrived, said Jim Greer, manager of transit fleet maintenance.

Those who saw the photo online got a real kick out of seeing the furry fellow.

It also appears this might not be the first time a wild animal has boarded an OC Transpo bus.

"These types of incidents do not happen frequently. In the

Sleeping critter

The fox was discovered at 10:30 a.m. on Sunday, despite what the original tweet described, the city told Metro in an email.

past there have been reports of birds, and even a raccoon, who have made their way onto out-of-service buses," said Greer.

JOE LOFARO/METRO

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NEWS

Hey, Ottawans — there are millions of reasons to catch this free concert

The sound of money.

World-renowned classical musicians to put ancient instruments to work

DENIS ARMSTRONG
ottawa@metronews.ca

Arnold Choi and Jonathan Chan are two young musicians who play two very old instruments.

Choi will be playing the \$11-million 1696 Stradavari Bonjour cello while Chan will try to make do with a \$900,000 Dominicus Montagnana violin made in 1715 when they play a free lunchtime recital inside the lobby of the Canada Council for the Arts at 150 Elgin St. on Monday, July 28 at noon.

It will be one of the last times the two Canadian classical musicians will get to



Arnold Choi, left, and Jonathan Chan will play a free lunchtime concert on Monday on very pricey instruments. CONTRIBUTED

play the instruments, which they've had on loan from the Canada Council's Musical Instrument Bank since 2012. These world-renowned players will show what these

Italian exotics can do in a program of light classics by Kodaly, Ernst and Cassado.

"Playing on such a valuable and fragile instrument is an amazing experience," wrote



Chan in an email from his home in London, England. A child prodigy, Chan, a native of Burnaby, B.C., started playing the violin when he was four.

"I don't think about its value when I'm playing it. I'm thinking how good it sounds, and how this violin is able to respond unlike other normal violins. In many ways, it is

like another living organism. If I fight it, it will not respond. But if I'm listening and responding with it, the result is priceless."

On loan to the Canada Council from its owner since 2000, the one-of-a-kind Bonjour cello was made by the famous Italian luthier Stradivarius 318 years ago and is named for the 19th-century Parisian cellist Abel Bonjour, who owned it until his death sometime after 1885.

Born in Calgary, Choi is a world-renowned cellist who has performed with several orchestras including the Orchestre symphonique de Montréal (OSM), the Edmonton Symphony, the Okanagan Symphony, the Calgary Philharmonic, the Quebec Symphony Orchestra, the Shanghai Opera House Orchestra and the Schleswig-Holstein Festival Orchestra (Germany), and is currently studying at Yale University.

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Puppet government?

Mayor Jim Watson gazes at a very familiar face at city hall on Wednesday morning. Noreen Young, puppeteer, founder of the Puppets Up! International Puppet Festival and creator of the kids' series Under the Umbrella Tree, made the mini mayor for the 10th annual festival in Almonte Aug. 9 and 10. Watson will be carrying his caricature in the parade. For more information on the festival, visit puppetsup.ca. LUCY SCHOLEY/METRO

Concert

High demand prompts change of venue for Folklore Centre benefit

Due to an overwhelming response, the financially

troubled Ottawa Folklore Centre is moving its Folklore Centre Benefit Concert to Southminster United Church at 15 Aylmer Ave. at Bank Street on July 31 at 7:30 p.m.

Headlining the concert will be Lynn Miles, with Sneezy Waters, James Keelaghan, Terry Tufts &

Kathryn Briggs, Finest Kind with James Stephens as well as some of the people who have taught there since its opening in 1976.

Tickets are \$25. To purchase, call 613-730-2887 or go in person to the OFC at 1111 Bank St.

DENIS ARMSTRONG/METRO



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Mohawk man says he also has land claim in Ottawa

Territorial dispute.

Jason Arbour is pushing to get his case to the country's top court in order to reclaim his land rights



LUCY
SCHOLEY
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An Ottawa Mohawk man without Indian status says he has rights to a large swath of land in the city and in the Hull sector of Gatineau that includes Parliament Hill and the Supreme Court of Canada.

Jason Arbour is pushing to get his case to the country's top court to reclaim rights to what he says is a 100-square-kilometre tract of land spanning the Ottawa River and stretching up to Papineau.

But he says his case is also about preserving his ancestors' history and earning "recognition, reconciliation and respect."

"This is my life. It's who I am," he said. "I have no other choice. If I don't tell the story, if I don't share my ancestors' stories with my children and the public, then we will be erased from history."

Arbour says he is a member of the Kanienehaga, who he says quarried land now known as Chaudière Falls for flint since "time immemorial."

His ancestors used the flint, he says, for arrowheads, skinning tools, tomahawks and smoking pipes.

In 1903, the tiny Kanienehaga reserve was evicted from the land and disbanded, but the members were not relocated. It's as if the community had been wiped out.

Arbour had heard the history from his father and grandfather. But when he was charged in 2008 with hunting off-season and without a permit at the Papineau-Labellé Wildlife Sanctuary, he found he had to prove his ancestral connection to the land in court.

Arbour dug up court, church and police records, as well as land surveyors' maps to connect his past with that land.

From Arbour's findings,



Jason Arbour, a member of the Kanienehaga community, is trying to reclaim his ancestral rights to land in Ottawa. He's trying to get his case heard at the Supreme Court. LUCY SCHOLEY/METRO

the Court of Quebec ruled the "historic rights-bearing community" of the Kanienehaga exists, which recognizes that the community once harvested that land.

However, the court ruled there's no evidence to prove that Arbour's ancestors "continuously" used the Chaudière Falls. Therefore, he has no present-day rights to the land.

"It's impossible for me to pass that test when the government disbands your community, evicts you from your reserve and doesn't relocate

you," said Arbour.

Arbour said he's coming out now after a precedent-setting Supreme Court ruling in June awarded a large swath of land to the Tsilhqot'in in British Columbia.

It could have implications for Ontario's Algonquin community, which has been working on a land treaty with Ottawa and Ontario for decades.

Arbour said stories about Ottawa being unceded Algonquin territory are "defaming" his own family history in the area.

Non-status

A 'black hole' in aboriginal law

Maxime Faillé, a Gowlings lawyer who specializes in aboriginal law and who is helping Jason Arbour get his case to the Supreme Court, says there's a "black hole" in the law with regards to the rights of non-status.

"There are many, many thousands or tens of thousands of people who are of aboriginal descent, but who do not have status under the Indian Act because the Indian Act has its own very specific requirements. There are lots of people who have lost status, or whose ancestors have lost status, for a whole variety of reasons."

If Arbour's case makes it to the Supreme Court and he

wins, he would have rights to hunt and fish on that land, according to Faillé.

Marcelo Saavedra-Vargas, a professor of aboriginal history at the University of Ottawa, said the notion of land rights is "very alien to indigenous peoples."

"We don't have anything that sounds or looks like rights. We have the notion of responsibility."

LUCY SCHOLEY/METRO

Bail system broken, costly, harmful, says noted lawyer

Stern reaction. Report by the Canadian Civil Liberties Association slams 'conservative' bail culture

 JOE LOFARO
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Canada's bail system is not only broken, it's putting vulnerable people at risk and is sometimes "unconstitutional," says a prominent Ottawa defence lawyer.

Reacting to a damning report released Wednesday by the Canadian Civil Liberties Association that shows most people in jail haven't even been tried yet, Anne London-Weinstein said a conservative bail culture is not realistic and is doing more harm than good.

The report, Set Up to Fail: Bail and the Revolving Door of Pre-trial Detention, said the majority of people in jail are not serving their sentence; they are

Price tag
\$183

It costs the province \$183 per day to incarcerate one person

"legally innocent" waiting for a bail decision or a trial.

"For a person with no record, a person who's been completely unaccustomed to the criminal justice system, being in jail is an extremely traumatic experience," said London-Weinstein.

The Criminal Code requires that accused persons be brought before a justice of the peace within 24 hours of their arrest, but most often a bail hearing doesn't happen for days.

"I think that's wrong," said London-Weinstein.

The report also determined that many of the bail conditions imposed on released individuals "have little or no relationship to the grounds for detention and facts of the alleged offence."



Cleanup after critical injury

Workers clean up a crash site at the corner of Bronson Avenue and Somerset Street where, paramedics say, a 55-year-old cyclist was pinned under a truck until firefighters freed him. The cyclist was taken to hospital in critical but stable condition. DENIS ARMSTRONG/METRO

This year's second

Driver killed in Gatineau crash

Gatineau police are investigating a fatal crash between a car and a semi-trailer truck around 2:30 a.m. Wednesday near 1827 B. Maloney E. The driver of the car died on impact and the truck driver suffered no injuries. It's the second road death in Gatineau this year.

LUCY SCHOLEY/METRO

Field of dreams

Miracle League close to getting baseball diamond

Ottawa is one step closer to getting a baseball diamond for people with special needs.

The Miracle League of Ottawa won the latest round of the Kraft Celebration Tour competition, which dishes out funding for community-led projects.

The non-profit organization is hoping to win \$100,000 from the contest for the \$1 million project, which is now among the top 10 entrees.

The baseball diamond will have special rubber floors and larger dugouts for wheelchairs.

The Kraft Celebration Tour comes to Ottawa on Aug. 24. The grand prize winner will be announced the following day.

LUCY SCHOLEY/METRO

Woman in custody

Man stabbed in Vanier

A woman has been taken into custody by police after a man in his 30s was stabbed in his upper body late Tuesday. The incident took place in the 200 block of Montreal Road at 10:42 p.m., according to police. No charges had been laid as of Wednesday morning.

JOE LOFARO/METRO

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Deadly plane crash 'a very sad day in the history of Taiwanese aviation'

Flight GE222. At least 47 people killed when airplane carrying 58 people crashed during second landing attempt

A plane trying to land in stormy weather crashed in Taiwan Wednesday, killing at least 47.

The ATR-72, operated by Taiwan's TransAsia Airways, was carrying 58 passengers and crew when it crashed on the island of Penghu, authorities said. The plane was arriving from the city of Kaohsiung in southern Taiwan.

Two people aboard the plane were French citizens and the rest Taiwanese, Transport Minister Yeh Kuang-shih said.

The crash was Taiwan's first fatal air accident in 12 years and came after Typhoon Matmo passed, causing heavy rains that continued into Wed-

Timeline

Flight GE222 left Kaohsiung at 4:53 p.m. for Magong, according to Taiwan's Civil Aeronautics Administration.

- It lost contact with the tower at 7:06 p.m. after saying it would make a second landing attempt.

nesday. Some 200 flights had been cancelled earlier that day.

The death toll was 47 on Wednesday, according to Wen Chia-hung, with the Penghu disaster response centre. Eleven others were injured and authorities were seeking one person who might have been in a house struck by wreckage.

President Ma Ying-jeou called it "a very sad day in the history of Taiwanese aviation," according to his office, the state Central News Agency reported.

THE ASSOCIATED PRESS



Rescue workers survey the wreckage of TransAsia Airways flight GE222, which crashed while attempting to land in stormy weather on the Taiwanese island of Penghu late Wednesday. WONG YAO-WEN/THE ASSOCIATED PRESS

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Bodies of Malaysia Airlines victims land in Netherlands

Two military transport planes carrying 40 coffins, bearing victims of the downed Malaysia Airlines Flight 17, landed Wednesday in the southern city of Eindhoven.

Six days after the Boeing 777 was shot down over the battlefields of eastern Ukraine, the first bodies finally arrived in the Netherlands, the country that bore the heaviest toll in a crash that killed all 298 passengers and crew.

A Dutch Hercules C-130 that Dutch government spokesman Lodewijk Hekking said was carrying 16 coffins touched down first, closely followed by an Australian C-17 Globemaster plane carrying 24 coffins.

Dutch officials said they have taken charge of the stalled investigation of the airline disaster and pleaded for unhindered access to the wreckage.

British investigators began work on a pair of "black boxes" to retrieve information on the flight's last minutes. The Dutch Safety Board said in a statement that specialists found the plane's voice recorder was damaged but not manipulated, and its recordings



Pallbearers carry a coffin during a ceremony marking the return of the first bodies of people killed in the downing of Malaysia Airlines Flight 17 at Eindhoven military airbase, Netherlands, Wednesday. PHIL NIJHUIS/THE ASSOCIATED PRESS

were still intact. Investigators will study the flight's data recorder on Thursday.

The Dutch and Australian military transport planes departed Ukraine at midday and landed at Eindhoven Air Base, where the flights were met by Dutch King Willem-Alexander, Queen Maxima, Prime Minister Mark Rutte and other government officials. Hundreds of relatives were also there, Hekking said. THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Mourners lined the street and applauded as hearses carrying victims from the downed Malaysian Airlines plane passed by. Scan the picture with your Metro News app to watch the video.





Footprints show Tyrannosaurs may have travelled in packs

Well-preserved fossil footprints, shown in a handout photo provided by the Peace Region Palaeontology Research Centre, were found in northeastern B.C. The prints offer the first trackway evidence that Tyrannosaurs may have travelled in packs. The dinosaur footprints preserved in the rock near Tumbler Ridge provide a glimpse at the beasts that roamed the region 70 million years ago. PEACE REGION PALAEONTOLOGY RESEARCH CENTRE/THE CANADIAN PRESS

Flu vaccine plant must address 10 issues: Feds

Health Canada report. None of the problems pose a risk to public health, but seven need major observation

A recent Health Canada inspection of the country's only flu vaccine production plant identified 10 issues that need to be addressed, a report from the regulatory agency reveals.

The summary report of the June inspection said none of the problems found pose a critical risk to public health, but seven fall into the major observation category, meaning they are signs production is not consistently hitting required standards.

The regulatory agency posted the summary report from the inspection of the GSK-owned plant on its website Tuesday evening after the end of the business day.

The production facility at Ste. Foy, Que., was issued a



The GSK plant, where flu vaccines are produced in Ste. Foy, Que., is pictured in this Nov. 5, 2009, photo. JACQUES BOISSINOT/THE CANADIAN PRESS

warning letter last month by the U.S. Food and Drug Administration, which raised concerns about bacterial contamination problems in the plant.

The FDA noted GSK — formerly known as GlaxoSmithKline — has repeatedly had to discard batches of vaccine made at the facility because of bacterial counts that registered above specified limits. In a letter dated June 12 it said 21

per cent of this year's product could not be released to the market.

The Ste. Foy plant has contracts to produce 53 per cent of Canada's seasonal flu vaccine for the coming flu season as well as 23 million doses for the U.S. market.

The Health Canada summary report sheds a little more light on the problems at the plant, which also holds a 10-

year contract to produce pandemic flu vaccine for Canada when needed.

The regulatory agency said the facility was given a "compliant" rating because none of the deviations identified "would affect the safety or quality of the product to be supplied, nor pose a risk to the health and safety of Canadians."

It is not uncommon to have a number of issues raised during an inspection, because vaccine production processes are complex and the safety standards plants must meet are high, the report said, suggesting 10 observations is "acceptable."

Health Canada inspects the plant every two years and was planning its scheduled 2014 review when it learned about the FDA inspection and the problems it identified. The two agencies have been sharing information and the company has been co-operating with both, all parties have said.

THE CANADIAN PRESS

Record-attempt flight. U.S. teen killed in crash

A U.S. teenager who was attempting to set a record for an around-the-world flight has died in a crash over the Pacific Ocean, a family spokeswoman said Wednesday.

Annie Hayat said the plane flown by 17-year-old Haris Suleiman went down shortly after leaving Pago Pago in American Samoa on Tuesday night.

Suleiman and his father, Ba-

bar Suleiman, were on board. Hayat said the body of Haris Suleiman had been recovered, but crews were still looking for his father.

Federal Aviation Administration spokesman Ian Gregor said the single-engine Hawker Beechcraft plane crashed into the ocean Tuesday night under unknown circumstances.

THE ASSOCIATED PRESS



In this Thursday, June 19, 2014, photo, Babar Suleiman and son Haris Suleiman, 17, stand next to their plane. THE ASSOCIATED PRESS

Lac-Megantic

'Train from hell' up for auction

It's been known to belch oil from its exhaust, it's caught fire at least once and it led the "train from hell" that smashed into Lac-Mégantic, killing 47.

And pretty soon locomotive MMA 5017 can be all yours. The lead engine is scheduled to go to auction Aug. 5 at the Derby Rail Yard in Milo, Maine.

THE CANADIAN PRESS

Duffy trial. PMO states Harper unlikely to testify

The opposition says it is startled by the insistence by the Prime Minister's Office that there's little chance Stephen Harper will have to testify at Sen. Mike Duffy's criminal trial.

"It's remarkable that the prime minister's office has decided that they would comment on this matter before the courts when they normally do not comment on matters before the courts," Liberal MP

Geoff Regan told an Ottawa news conference.

"In my view, it's a matter for the courts to determine whether or not Mr. Harper should testify."

Jason MacDonald, a spokesman for Harper, wrote in an email there would be no reason for the prime minister to be involved should Duffy's defence team attempt to call him to the stand. THE CANADIAN PRESS

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U.S. Secretary of State John Kerry
MAJDI MOHAMMED/THE ASSOCIATED PRESS

Kerry calls for ceasefire in Gaza

Israeli troops battled Hamas militants on Wednesday near a southern Gaza Strip town as the top U.S. diplomat reported progress in efforts to end fighting that has so far killed more than 680 Palestinians and 34 Israelis.

But neither side appeared to be backing down, after Palestinian rocket fire led several international airlines to cancel flights to Tel Aviv. Israeli troops clashed with Hamas near the Gaza town of

Khan Younis in heavy fighting that forced dozens of families to flee.

U.S. Secretary of State John Kerry flew into Tel Aviv, despite a Federal Aviation Administration ban following a Hamas rocket that hit near the airport the day before, reflecting his determination to achieve a cease-fire.

He met with Israeli Prime Minister Benjamin Netanyahu after earlier talks with Palestinian President Mahmoud

Abbas and U.N. chief Ban Ki-moon, who is also in the region. But U.S. officials have downplayed expectations for an immediate, lasting truce.

In Jerusalem, Kerry said negotiations toward a Gaza ceasefire were making some progress as he met for a second time this week with Ban.

"We certainly have made steps forward," Kerry said. "There's still work to be done." THE ASSOCIATED PRESS

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A Palestinian medic carries a wounded girl to a treatment room of Nasser hospital following Wednesday. Inset: This graphic posted on the Israeli Defence Forces website, dated July 20, Israeli government claims that Hamas is using hospitals, mosques and residences to store

Fighting conflict's

'Battle in the modern age.' Technology, social media exponentially increase propaganda from Israel, Hamas

Beyond the boom of Israeli airstrikes and the stream of rockets fired from Gaza, Israel and Hamas are also battling to control the message emanating from this latest Israeli-Palestinian conflagration.

Using videos, Twitter, text messages, leaflets and phone calls, both sides have attempted to direct the tone of the fighting — for their own public, their opponent's population and for a global audience. Propaganda is nothing new in battle, but technology and social media have exponentially increased the ability of each side to penetrate their intended audiences.

Israel has tried to make its case that it is defending its citizens

from unprovoked attacks, but taking steps to avoid killing civilians on the other side. Hamas has appealed to the world by pointing to the high civilian death toll from Israel's onslaught on Gaza. Israel and Hamas are each addressing the other's populations, as well.

Israel has pushed the message to Palestinians in Gaza that the territory's Hamas rulers are to blame for the bloodshed. In phone calls that the military makes to Gazans to tell them to evacuate their homes before a strike, the recorded script in Arabic also tells them that Hamas is using them as human shields.

Hamas, in turn, has sent text messages directly to Israelis, warning them that the group will continue firing rockets at them until its demands — like the end of the long-stifling blockade of the tiny Gaza Strip — are met.

"This is a war over public opinion," said Yuval Dror, an expert in digital communications. "It's an inseparable part of battle in the modern age."

THE ASSOCIATED PRESS

Don't blow your vacation budget before you arrive

Fly on the cheap.

Travel website Kayak breaks down when to travel to save money

Canadians should look to fly on a Tuesday if they're travelling domestically or on a Thursday if they're leaving the country, suggests data from the travel website Kayak, which is looking back on its first year in Canada.

The search engine for flight, hotel and car rental deals crunched the numbers behind how Canadians searched for travel since it launched here last May and found there were fairly consistent trends in pricing.

On average, domestic flights in Canada were cheap-

est if departing on a Tuesday and returning on a Friday. Flights leaving on a Thursday and returning on a Sunday tended to be most expensive.

International flights taking off from Canada were typically best priced on Thursdays with a return flight on a Monday. Departing on a Monday and returning on a Friday resulted in the most expensive tickets.

"These trends we're seeing in Canada are not that different from the trends we're seeing in other countries," said Debby Soo, a vice-president with Kayak, which handles 100 million searches a month.

"Often times you hear that flights departing on Tuesdays are the cheapest and I've seen that trend in the U.S. and in some markets in Europe."

THE CANADIAN PRESS

More tips from Kayak

- Flying on Saturdays or Sundays can be 15 per cent more expensive.
- January is, on average, the cheapest month to fly with fares that can be almost 20 per cent less expensive.
- If travelling in the summer, June and July usually have better deals available than in August.
- For European travel, look to book a flight between eight to 10 weeks in advance for best pricing. For travel to Asia, booking nine to 10 months out offers the best chance of a good deal.



Was Dumb Starbucks a smart parody?

Canadian comedian Nathan Fielder stands outside parody store Dumb Starbucks in Los Angeles in February. Fielder, who came up with the fake-store concept (it was shut down for not having proper permits), will discuss its origins and aftermath on the July 29 episode of Comedy Central's *Nathan For You*. So far, Fielder, Comedy Central and parent company Viacom have escaped legal action. Fielder said the shop was a parody about the power of corporate branding that exceeded his expectations and ended up provoking discussion about how people consume art. THE ASSOCIATED PRESS FILE

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www.ottawafootpractice.com

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Fri. 9am-1pm once a month

Professional Attributes:

- Genuine interest towards professional development & excellence
- Desire to work with a passionate team focused on making each taken step feel great

Qualifications:

- Prior medical, dental or similar patient care experience
- Proficiency with various computer software
- Tech savvy & comfortable managing social media tasks

Responsibilities will include:

- Initiate & maintain a strong patient experience
- Assist patients with treatment planning & scheduling
- Capture all incoming calls & phone messages
- Maintain clinic email inquiries & correspondence
- Handling of all medical documentation & administration tasks
- Provide pre & post-operative instructions
- Tracking of orthotic orders, shoe guidance & dispensing protocol

Full-time Podiatry Assistant

M-Th. 9am-6:30pm,
Fri. 9am-1pm once a month

Professional Attributes:

- Genuine interest towards professional development & excellence
- Desire to work with a passionate team focused on making each taken step feel great

Qualifications:

- Prior medical, dental or similar patient care experience
- Proficient with sterilization protocol
- Comfortable with E-charting & Microsoft Office
- Tech savvy to capture before & after images for E-publication

Responsibilities will include:

- Chair side assistance
- Provide treatment guidance, instructive material & post-op care on a personal level
- Review shoe & orthotic protocol during dispensing appointments
- Entering client profiles for orthotic scans & x-rays
- Set up of surgical suite
- Sterilization center & treatment room re-stocking

Met Council. Ex-CEO gets prison time for his role in stealing \$9M from charity

The politically connected former CEO of a prominent New York City charity was sentenced to prison Wednesday for helping to steal more than \$9 million US from the anti-poverty organization.

William Rapfogel, who once headed the Metropolitan Council on Jewish Poverty, will serve a term of 40 months to 10 years. His wife and other supporters looked on as he was led out of court, uncuffed, to start serving his term.

He pleaded guilty in April to grand larceny, money laundering and other charges in a case that rattled city and state political circles.

He also has paid \$3 million in restitution.

Rapfogel became the execu-

tive director of the Met Council, as it is known, in 1992. He soon joined several conspirators in conniving to overcharge the charity for insurance so they could pocket the difference, state prosecutors said.

"Over a 20-year period of time, he conspired with others to steal over \$9 million, and personally stole over \$1 million, from the people who needed it most, to benefit himself and his lifestyle," Assistant Attorney General Gary Fishman said at the sentencing.

He used \$27,000 of that money to pay a contractor working on his home, and he had more than \$400,000 in cash hidden in his home when investigators searched it in 2013, authorities said. THE ASSOCIATED PRESS

Market Minute

DOLLAR
93.21¢
(+0.07¢)

Natural gas: \$3.76 US (no change)
Dow Jones: 17,086.63 (-26.91)

TSX
15,394.38 (+79.25)

OIL
\$103.12 US (+\$0.73)

GOLD
\$1,304.70 US (-\$1.60)

Huski Food Co.

China detains five staffers of suspect meat seller

Five employees of a company accused of selling expired beef and chicken to McDonald's, KFC and other restaurants in China were detained by police Wednesday after an official said illegal activity was an organized effort by the supplier. THE ASSOCIATED PRESS

From Toronto area

Companies fined for calling people on do not call list

Four Toronto-area companies have paid \$84,000 in penalties for allegedly violating telemarketing rules by calling people registered on the National Do Not Call List, Canada's telecom regulator said Wednesday.

The Canadian Radio-television and Telecommunications Commission said the companies — Ecosmart Home Services Inc., Loyal Seal Windows and Doors, Home Comfort Group and Pegasus Peaks — called people directly or via a third-party firm. THE CANADIAN PRESS

CAN SOMEONE MAKE BAD ART OUT OF THIS?

Meeting the parents is an important milestone in any relationship, like the first time you pee with the bathroom door open or throw a shoe in anger.

The first meeting can be nerve-wracking. Recently my newish girlfriend and I flew to my hometown of Saint John and made the typical hair-raising landing into a fog bank. ("We're beginning our final descent into Saint John, ladies and gentleman. If anyone sees the runway, please let us know.") Devon was gripping her armrest but it was the family, not the fog, that had her feeling tense.

I wasn't worried. Devon's a lovely woman who was meeting my friendly family, and she had even bought a little gift for my mother. But in her racing mind the rendezvous had the potential to unfold like the first meeting between, say, Brad Pitt and Kevin Spacey in Seven. ("WHAT'S IN THE GIFTBOX?")

Of course it went fine. Within a few hours my girlfriend and my family were criticizing my lightning phobia and mocking my singing voice as if they had known each other for years. I'm glad I



HE SAYS
John Mazerolle
metronews.ca

could bring them together.

My parents are an easy test, but there's no guarantee it will be the same for you the first time you meet your partner's parents — until now. Here are my tips on how to make that first meeting go smoothly.

Meet the Parents, or Parental Guidance Suggested:

* **Come prepared.** Practise with your partner for that first dinner by sitting at a long, imposing table under a chandelier and eating in stony silence.

* **Showing up three hours early** will show that you take the meeting seriously.

* As they speak, **stare non-stop**, correcting their grammar whenever possible.

* If the father asks what your intentions are toward his daughter, **making the 'squeaky bedsprings' noise** should make things pretty clear.

* **Do your research.** Find out what you have in common with your new 'Mom' and 'Dad', be it a favourite muppet or a drinking problem.

* **Act natural.** A straightforward, "Greetings, I am a law-abiding citizen of sound character who will pretend to take interest in your needlework and vacation photos" will help put them at ease.

* **If things aren't going well,** don't be afraid to burst from the dinner table, out the front door and down the street, never to return again.

I hope to have these tips optioned by a major Hollywood studio, where they will be made into a mediocre trilogy of increasingly declining quality. I wonder if De Niro's free.

FINAL VOYAGE



People watch as the wrecked cruise ship Costa Concordia is towed by tugs after being refloated Wednesday in Italy. For more images of the Concordia, including a 2012 image of the ship capsized, scan this image with your Metro News app. ALL IMAGES EXCEPT LAST IN GALLERY LAURA LEZZA/GETTY IMAGES; LAST IMAGE THE CANADIAN PRESS FILE

Costa Concordia on its way to become scrap metal

The Costa Concordia cruise liner began its final voyage Wednesday, slowly being towed away from the tiny Italian island where it capsized more than two years ago, killing 32 people.

Boat sirens wailed and bells tolled on the island just before two tugboats pulled the Concordia away from Giglio's port, where the luxury liner ended up on its side in pristine Mediterranean waters, after being gashed by a reef it struck

when its captain steered too close to the island. The tugs are bringing the crippled ship on a four-day journey to the northwestern port of Genoa, which is home to the ship's owner, Costa Crociere SpA. The vessel will be scrapped there.

Accompanying the tugs and Concordia are several boats to monitor any pollution in the waters, which are home to dolphins. Nets have been attached to sides of the liner in case any remnants of the Concordia's last passenger cruise — dishware, pots and pans, bed linen, chairs and other furnishings — tumble out of the ship during towing.

A daring engineering

operation set the Concordia upright last September. Then, over the past few months, custom-built tanks, now filled with air to serve as kind of water wings to facilitate floating, were attached to the liner's flanks.

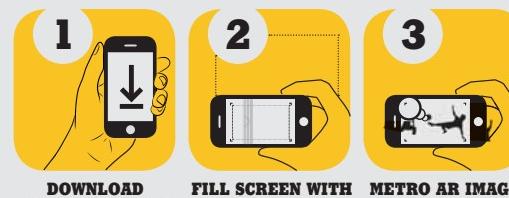
The salvage master of the entire operation, Nick Sloane, said he felt a bit nervous before boarding a special command centre attached to the top of the Concordia to monitor the final voyage. An Italian naval admiral was also aboard.

Flying from the Concordia was the Italian flag, since regulations require the banner to be visible on the Italian-registered ship until scrapping.

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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MetroTube

Your move, France

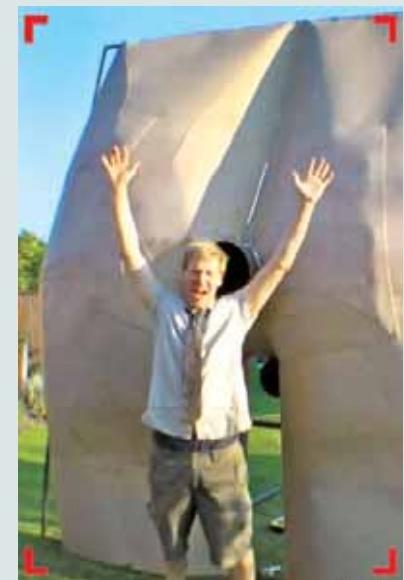


ANDREW FIFIELD

andrew.fifield@metronews.ca

Like most inventors worth their salt, British tinkerer Colin Furze has been called eccentric. And not without reason. Vacuum shoes, gadget crutches and wrist-mounted flamethrowers make up just a sample of his madcap machinations.

But this... This takes the cake. In a nod to his country's centuries-old rivalry with France, Furze has created what's lovingly labelled as an enormous "fart machine," and he plans to drag it up the white cliffs of Dover tonight in hopes of creating international diplomacy's loudest raspberry. Colin Furze is the best. (colinfurze/YouTube)



SCREENGRAB

Dinner, drinks and a show a breath of fresh air for theatre

Teatro Café. New tapas restaurant inside the Great Canadian Theatre Company a hit with patrons and theatre directors



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Spanish scene

Teatro Café is at 1233 Wellington St. W. 613-699-1020.

- Opens at 5 p.m. seven days a week. Open for lunch Monday to Friday from 11:30 a.m. to 2 p.m.
- To view the menu go to teatrocafe.ca.

Hoping to carve out a name for itself on trendy Wellington Street West, the Spanish-inspired tapas restaurant Teatro Café is now open for lunch and dinner inside the Great Canadian Theatre Company.

"We're all small plates," says owner Ziggy Margies. "We do everything at a very reasonable price point. There is no glass of wine over \$10, we have food plates in the \$7 range, and everything is shareable."

Menu items include couscous-crusted lamb, mussels in white wine, bison and fig skewers, and crab and pine-apple kimchi. There are also desserts and cheese plates.

When creating the concept and design of his new restaurant, Margies knew he and the theatre would have to share similar visions.

"It had to work well during the theatre time but it also has to work well when it's not theatre time."

Iliana Ordaz-Jeffries, director of marketing and development for the Great Canadian Theatre Company, calls the

situation a "win-win," adding the convenience of being able to offer quality food and drinks to patrons is a huge benefit to both the theatre and its guests.

"There are a lot of great restaurants in this neighbourhood, but you're already here," she says. "You don't have to rush, your seats are a few steps away, so you can take your time. At intermission, you can have a bite to eat."

A plan is in the works to let theatre patrons purchasing tickets online to also reserve a table at Teatro Café for dinner before the show, or for snacks and drinks afterwards.

Ordaz-Jeffries admits the cafe has been a breath of fresh air for the often-quiet theatre since it opened its doors last month.

"When we're in a show, we only have certain hours. But now we're open all the time during business hours. It means that we've got people walking in who would otherwise just walk right past the door," she says. "This brings and incredible energy to this space, to this theatre, to this corner."



Teatro Café owner Ziggy Margies knew his new restaurant had to complement the theatre experience. JEN TRAPLIN

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Naya Rivera ALL PHOTOS: GETTY IMAGES

Naya Rivera full of Glee as she weds in Cabo San Lucas

Here's one way to kill time while your TV series is on a break from filming: Glee star Naya Rivera married boyfriend Ryan Dorsey in a small, surprise ceremony earlier this week in Cabo San Lucas, Mexico, according to People magazine. "We feel truly blessed to be joined as husband and wife," the newlyweds tell

the magazine. "Our special day was fated and everything we could have ever asked for." Apparently that includes Instagram misdirection, as Rivera spent much of her wedding day posting paparazzi photos of her and Dorsey horsing around on the beach but failed to mention anything important happening that day.



Peaches Geldof

Coroner rules Geldof died of heroin overdose

Peaches Geldof's death in April has officially been blamed on a heroin overdose. British coroner authorities declared earlier this week. Geldof's husband, musician Thomas Cohen, has previously stated that the model and TV personality had been tak-

ing methadone since 2011 to combat her heroin addiction but had relapsed two months prior to her death. The authorities also reported that a "fatal range" of heroin was found in Geldof's system, along with traces of codeine, methadone and morphine.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Now that Eva's pregnant, will Ryan be building her a house?



NED EHRBAR

Metro World News in Hollywood

It looks like fans weren't the only ones surprised by news that Eva Mendes and Ryan Gosling are expecting a baby.

"It was completely unplanned," a source tells Radar Online of the pregnancy.

"Ryan was surprised, especially because they had broken up early last year, only to get back together."

That's a fine how-do-you-do. Gosling's apparently totally on board with the idea now that he's gotten over the shock of impending fatherhood, and there seems to just be one more issue for the couple to tackle: Where to put the crib.

"(Ryan's) house is quite small, and only has two bedrooms," the source explains. "Eva has been looking for a bigger house to live in with Ryan once the baby is born."

Boy, I hope these two scrappy kids can get a mortgage.



Twitter

@KellyOsbourne

Everyone should have a #PartyTrick! Mine is that I'm double jointed everywhere!



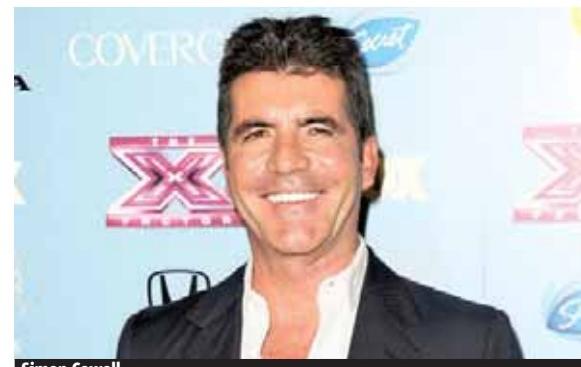
@oliviawilde

Can someone please write a romantic comedy set in the real estate world called "Looking Foreclosure"? I've been waiting long enough.



@DitaVonTeese

When will someone make a bullwhip emoticon?



Simon Cowell

Simon Cowell is not gay, OK?

Simon Cowell would like to take this opportunity to reiterate the world that he is not, in fact, a homosexual. The talent show guru's name came up unexpectedly in court in the U.K. last week when a recorded conversation found Cowell's ex-manager, Gareth Varey, and a man identified as Mazher Mahmood discussing whether Cowell is gay, which Varey claims to be the case. "I know people who have" is the evidence he gives on the recording. Well, Cowell's rep is more than eager to point out that this is all patently untrue

and Cowell is definitely not gay, even making sure to toss in the mandatory "not that there's anything wrong with that" clause. "In 2014, the question of whether someone is or is not gay is antiquated. As it happens he isn't, though if he were, he would simply have said so," Cowell's attorney says. "However, the issue was the false suggestion made by Mr. Varey that Simon — who is renowned for his honesty and candidness — had thus not been truthful in the public arena and this is what we have been obliged to clarify."

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**SHOPPERS
DRUG MART**

Go ahead and jump: The sleek suit is seeing its day once again

Full-body fashion. It was a staple of '70s and '80s fashion, but the recent revival of the jumpsuit has cemented the stylish staying power of the all-in-one look

"I've never worn them before and now I'm totally sold," said Canadian Living fashion and beauty director Julia McEwen, who has recently added four jumpsuits to her wardrobe.

"It's like a dress in the same way that it's one-piece dressing. If you want to style it and add elements, go for it. But you don't have to. It looks fabulous just the way it is."

Pop star Rihanna, model Chrissy Teigen and actress Jennifer Garner are among the notable names who've recently stepped out in one-piece getups.

"They look chic, and when done right, (it) doesn't look out of place, but rather stands out among cocktail dresses," noted Sharon Ng Hayes of The Backseat Stylers, a Toronto-based fashion and style blog.

H&M Jumpsuit,
\$49.95
HM.COM/CA/



Of clothes and curves

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types."

Alison Michelle
Founder and lead stylist at King & Fox

Ready to master the one-piece? Some expert style tips.

Ensure you have the proper fit

Alison Michelle, founder and lead stylist at King & Fox, a Toronto-based styling firm, said while the jumpsuit may be intimidating, she believes it's "one of the most flattering pieces you can own."

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types,"

whether you want to create curves or hide certain body parts."

Michelle said a good starter jumpsuit is a halter or tank top style that's fitted at the waist with a slightly wider leg in a solid dark colour.

"It's the flexibility of it — the same as a little black dress."

Regardless of your height, Michelle said pant length is key. "There's nothing for me that I find more unflattering than seeing someone in a full-length jumpsuit — especially in a wider leg — that's not hitting the

floor with the shoes," she said.

Make sure you can comfortably dress and undress

Unlike unzipping a pair of pants or hiking up a skirt when visiting the restroom, donning a jumpsuit requires the wearer to completely remove the outfit.

"I didn't even realize that until this year when I first got one. (I thought): 'Oh, this is kind of awkward, I'm at work and I'm shirtless,'" McEwen said.

"I don't know. I mean, that's just something you have to get

down with," she added with a laugh.

Do hue

Select a colour and pattern close to your comfort zone

- Michelle acknowledged that the jumpsuit is "a lot of look" and that some be reticent to wear a very loud print or bold hue.
- "If you're going to go with a pattern (go with one that is) maybe more subdued, or kind of a paisley, or do it in navy or creams instead of the bright colours."
- If wearing all one colour is too much, consider adding a piece to break up the ensemble like teaming it with a sleeveless blazer or vest, McEwen suggested.



Model Chrissy Teigen arrives at the ESPY Awards at the Nokia Theatre last week in a sexy full-piece jumpsuit. JORDAN STRAUSS / THE CANADIAN PRESS

Ng Hayes has been hooked on jumpsuits since buying her first one last year — a black lace sleeveless design. With her newfound style obsession, she's come to accept the added challenge that can come with wearing a one-piece.

"Every time I wear a jumpsuit, I joke about the difficulties of using the restroom, but I find them just so much fun to wear that I think it's worth the complication."

McEwen said selecting a model that isn't too fitted is key. "If it is more fitted, you want to make sure you have more of a structured material because I find that it can cling in weird areas."

THE CANADIAN PRESS

Hairy legs are trendy now thanks to a Tumblr blog called Very Hairy Legs — but would you ever join the pro-body hair movement? Go online to Trends Report and see my list of pros and cons if you do decide to let your leg hairs go wild.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Canadian street style

Spotted in Toronto

Name: Joey

Age: 23

Occupation: Fundraiser



What she's wearing:
Nike runners, Zara pants, Aritzia shirt, Zara jacket, Kate Spade purse.

Her inspiration:

"My mom and my best friend. My mom owns a fashion company and my best friend is a fashion designer."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWS-PAPER SECTION, TOO!



Who runs the fashion world?

All the stylish ladies.

Rock and Roll Hall of Fame and Museum says Halo to Beyoncé fashion exhibit

An exhibit centred on Beyoncé has debuted at the Rock and Roll Hall of Fame and Museum in a section previously featuring only Hall of Famers.

Outfits from Beyoncé's Super Bowl performance and music videos were put on display Tuesday in the Ahmet Ertegun Main Exhibit Hall in its Legends of Rock section, next to iconic pieces from Michael Jackson, David Bowie and Bruce Springsteen.

The 32-year-old Beyoncé



The glove from Beyoncé's 'Single Ladies' outfit is displayed in a new exhibit at the Rock and Roll Hall of Fame in Cleveland.

MARK DUNCAN / THE ASSOCIATED PRESS



Beyoncé

THE ASSOCIATED PRESS

would be eligible for induction into the Rock Hall as a member of Destiny's Child in 2022 and as a solo artist in 2027.

The exhibit in Cleveland, Ohio, will feature Beyoncé's ubiquitous black leotard from her 'Single Ladies' music video, as well as her body suit, skirt and jacket from her Super Bowl performance last year in New Orleans.

Rock Hall curator Meredith Rutledge-Borger said they have been trying to court

Beyoncé "for a really long time."

"When we looked at the depth of the amount of stuff that she was willing to send, we just thought, 'The only way we can really showcase these items is to put them in the Legends of Rock area in the museum,' which really is the spot that we have to pay tribute to legends of rock, which Beyoncé has proven herself to be," she said in an interview.

THE ASSOCIATED PRESS

City girl style

Olivia Palermo collaborates with Aquazzura

Olivia Palermo has been a busy little bee. Besides getting hitched — and causing fashion waves for her out-of-the-box Carolina Herrera wedding look, which consisted of a tulle skirt over white shorts — the style blogger and socialite has some other big fashion news. Women's Wear Daily reports that Palermo has collaborated on a capsule collection for Italian luxury footwear brand, Aquazzura.

The collection, called Aquazzura x Olivia Palermo, consists of six styles and will launch in September in 12 retailers including Saks Fifth Avenue and Net-a-porter.

Prices for the line range from \$600 to \$1,625 and include such styles as over-the-knee boots, snake skin pumps and sparkly sandals inspired by Palermo's vintage necklace.

METRO



Olivia Palermo
GETTY IMAGES

BAYSHORE BLOG FILES

BAYSHORE SHOPPING CENTRE INTERVIEWS
THE HOTTEST BLOGGERS AND TRENDSETTERS!



AVA TAYLOR

Location: Ottawa

Blog: avahtaylor.com

FAVE TRENDS FOR SPRING/SUMMER?

Although I'm not big on trends, this season I'm most excited for high-waisted skirts and floral prints. These are a must in any wardrobe!

WHAT IS YOUR STYLE PHILOSOPHY?

I'm a minimalist with an affinity for detail. I don't let trends dictate what I wear and I don't think wearing multiple trends at once makes you stylish. I tend to dress according to my mood or inspiration, and so my style is always changing. The one constant is to make everything look effortless.

WHY BLOG?

My blog follows my style philosophy to a tee. I'm very selective of who and what is featured. If everybody's doing it, I do the complete opposite.

ANY FASHION ADVICE?

When in doubt, accessorize! Email me at info@avahtaylor.com for styling tips!

FAVE PLACES TO SHOP?

Daniel Leather and Browns Shoes.

THIS AUGUST
RESTYLED INTERIOR | NEW FOOD COURT
3800 COMPLIMENTARY PARKING SPACES

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Jeanne Beker
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@jeanne_beker: Talking Cdn fashion with [marievealamode](#) + [@KimCattrall](#) @ShangriLaTO Kim's in [@SmytheJackets](#)



@jeanne_beker: What a wonderful day in #PortHope with @TONEighborhoods Deenah (my new twin) + Gus. Now savouring #MercuryChocolates !

www.bayshoreshoppingcentre.com



Back-to-campus chic on the cheap

School days. How to furnish a room that's big on style even on the tiniest of budgets

Question: I am 26 and going back to university. I will be renting an unfurnished room and am looking to outfit it with a lot of style but without a lot of money. Any suggestions?

— Allison M., via email



DESIGN
CENTRE

Karl Lohnes
home@metronews.ca

Start with planning out the room's large furniture pieces.

A captain-style bed frame (with drawers underneath), a vintage desk with storage and a bookcase are a good start. I suggest looking online at local classified sites (like Kijiji.ca and Craigslist) for local sellers who are close to the area you are moving to.

Purchasing used furniture pieces can not only save you money, but is very good for the environment and you tend to get better quality furnishings. If the seller is close to the area you are moving to, ask them to deliver your furniture pieces directly to your new place.

Once you have found the large furnishings, you can move onto the fun part of accessorizing your room with practical, yet attractive, things.

Look at off-price members' clubs for great deals on a new mattress, DIY home stores for the best deals on countertop appliances and desk lamps, and big-box stores for items such as bedding and towels.



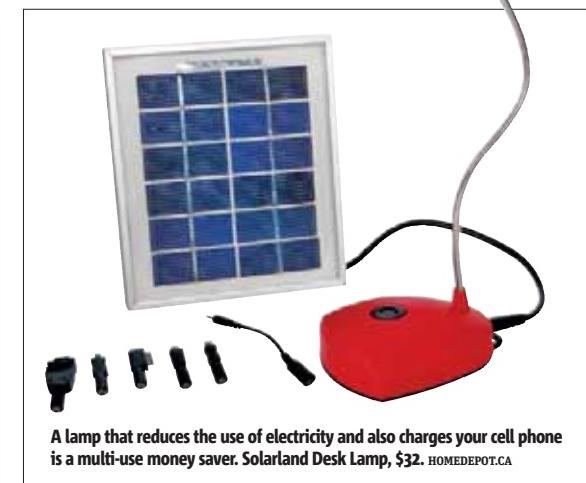
Look online for quality used items like chairs, bed bases and rugs for sale. You'll save money and the environment. CONTRIBUTED



Bedding, towels and a mattress topper are co-ordinated in one easy set. Reagan Fuschia Twin 11-Piece Varsity Campus Collection, \$130. BEDBATHANDBEYOND.CA



A multi-purpose counter appliance can heat water for coffee, tea or soup. Salton Instant Hot Water Dispenser, \$60. WALMART.CA



A lamp that reduces the use of electricity and also charges your cell phone is a multi-use money saver. Solarland Desk Lamp, \$32. HOMEDEPOT.CA



Swash 10-Minute Clothing Care System. YOUTUBE

Swash. An at-home alternative to doing laundry

A new at-home clothing care system that reduces wrinkles, refreshes fabric and restores fit in just 10 minutes to keep outfits looking good between washes could be the next big thing in home appliances.

Swash allows people to reduce or eliminate ironing, save on dry cleaning and

better care for and preserve clothes at the push of a button, claim makers Proctor & Gamble and Whirlpool.

The design uses an integrated tension system to gently hold clothes in place, while an advanced spray technology applies a uniquely designed solution to the clothing. A

Touch-of-a-button solution

"People want a simpler and quicker way to care for clothing."

Brett Dibkey, vice-president of Whirlpool Corporation's Integrated Business Units

rapid thermal drying function then dries garments quickly.

P&G and Whirlpool created the product after discovering that people are increasingly reluctant to excessively launder or dry clean their clothing for fear of damage. Cost is also a factor — people who dry clean at least once a month spend over \$750 a year on the service, according to the brands.

Swash is currently available for pre-order at Bloomingdale's stores and on Bloomingdales.com for \$499.99 US. AFP

Co-ordinate with style

- **DO** choose one of the top three colours in your bedding and take inspiration from there. Towels, laundry bags and drapes that have colours co-ordinating with the bedding help to tie the space together.
- **DON'T** paint walls a trendy colour. Most landlords will insist the room be painted back to its original beige before you leave. Use large bulletin boards to hang colourful art work to help hide boring walls.
- **DO** look for LED up-lights that can wash the walls with some colourful lighting — it's an instant mood-setter for your room at night!
- **DO** buy furnishings that are proportionate to the room's size.

No installation required

The system plugs directly into a standard 120-volt wall outlet and requires no water, plumbing, pipes, vents, special hook-ups or professional installation.

- Swash can be used on denim, wool, polyester, Lycra, cotton, cashmere, sequins, delicate beading and lace.



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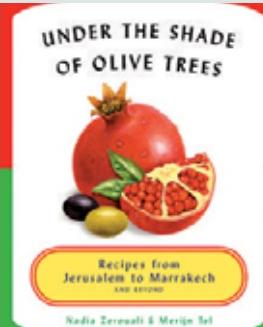


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Look for Eid inspiration in comforting dish

Cookbook of the Week

Transport yourself to a delicious region



Dutch writers and cooks Nadia Zerouali and Merijn Tol travelled across Morocco, Tunisia, Syria, Lebanon, and other Middle Eastern lands to document the varied cuisine of the region in their book Under the Shade of Olive Trees.

Readers are taught about ingredients through more than 100 recipes that come to life by way of luscious imagery.

Among recipes are Potato Kofte, Grape-Leaf Rolls, Lamb Tajine, Tahini-Halva Ice Cream, Hearty Freekeh Soup with Chickpeas and Lamb, and more. METRO

Moghrebieh & Fish Cakes with Preserved Lemons and Harissa. The Muslim holy month of Ramadan ends next week and while the religion is practised all over the world, its origins, like this dish, lie in the desert lands of the Middle East

"Moghrebieh comes from the word 'Maghreb,'" write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees. "This Middle Eastern answer to couscous is basically a ball-shaped pasta, and here we've made a type of risotto with it."

1. Bring a large pot of water to boil. Using a sharp knife, slice a shallow X into the bottom of each of the tomatoes and submerge them in the boiling water for about 1 minute. Peel the skin off the tomatoes and dice them.

2. Mince the onions. In a large frying pan, heat a generous amount of olive oil over medium heat and sauté the onions with the cinnamon and allspice for about 10 minutes, stirring frequently and lowering the heat to keep

Ingredients

- 5 small vine-ripened tomatoes
- 2 small sweet onions
- Mild olive oil
- 1 tbsp cinnamon
- 1/2 tbsp allspice
- 1 3/4 cups (350 g) moghrabieh (Lebanese couscous) or Turkish barley pasta
- 1/2 preserved lemon (find them at Middle Eastern grocery stores)
- 14 oz (400 g) halibut, striped bass, or other firm white fish
- 1 bunch flat-leaf parsley, chopped
- 1 clove garlic, chopped
- 2 tbsp harissa (a spice sold in tubes or cans at Middle Eastern grocery stores)

them from burning.

3. Add the tomatoes and mix in the moghrabieh as well. Add 4 1/2 cups (1 l) water and about 1/2 teaspoon salt. Cook the pasta over low heat for about 30 minutes, stirring frequently toward the end, until it is thick and creamy like risotto. (Add some water if the pasta is cooking dry.) Season with salt if needed.

4. Remove the pulp from the preserved lemon and slice the peel into thin strips. In a food processor, purée the fish with the preserved lemon, parsley,

garlic, and harissa. Season with a pinch of salt. Shape the fish mixture into small, flat cakes (this is best done with wet hands).

5. Heat some oil in a skillet (nonstick works best for these delicate patties) and fry the fish cakes until golden brown on both sides and cooked through,

about 3 minutes per side. Serve over the moghrabieh.

RECIPES BY NADIA ZEROUALI AND MERIJN TOL, STEWART, TABORI & CHANGE, 2014

Side. Cumin Fennel Fries

"These fries are good for you! Cumin contains plenty of magnesium and iron (good for the digestion) and fennel seed bursts with vitamins A, B, C, and E," write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees.

"These fries are inspired by Moroccan cumin fries."

1. Scrub the potatoes but don't peel them. Cut the potatoes into thick fries and boil in a large pot of generously salted water for about 10 minutes, until nearly tender. Let drain.

2. Preheat the oven to 425 F



This recipe serves four to six. ROSA VITALIE, 2014

(220 C). Arrange the fries on a baking sheet and drizzle generously with olive oil. Bake for about 15 minutes, until golden brown.

3. Crush the fennel and cumin seed in a mortar and pestle with some coarse salt and sprinkle over the fries.

Ingredients

- 3 lbs (1 1/2 kg) large Yukon gold potatoes
- Mild olive oil
- 2 tbsp fennel seed
- 2 tbsp cumin seed

For your phone

Kitchen Stories (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
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This cookbook can speak. All 30 recipes have a recording, made in the chef's kitchen, where a friendly voice guides you through making dinner. The selection is humble, but informative.

Turkey Sausage and Pasta.



Turkey Sausage and Pasta with Smoked Gouda and Vegetables. Click



This recipe serves four to eight people. ROSA VITALIE, 2014

Soccer

Champions League qualifier pulled out of Ukraine

Ukrainian football club Dnipro Dnipropetrovsk says UEFA has moved the first leg of its Champions League qualifier against FC Copenhagen out of eastern Ukraine.

The city of Dniprope-trovsk had previously been approved by UEFA despite the conflict in Ukraine, but the European body moved the third qualifying round match to Kyiv.

THE ASSOCIATED PRESS

MLB

Jays pitcher Santos clears waivers

Toronto Blue Jays right-hander Sergio Santos has cleared waivers and will be assigned to the club's triple-A affiliate in Buffalo.

The team designated the reliever for assignment on Monday with the hope that a minor-league stint will help him return to form.

THE CANADIAN PRESS

Tour de France

Majka wins 17th stage, Nibali closing in on title

Poland's Rafal Majka led a late breakaway on the last of four tough climbs in the Pyrenees to win the 17th stage of the Tour de France on Wednesday, as Vincenzo Nibali took another step toward overall victory.

Nibali finished third and gained valuable seconds on four of his closest rivals.

THE ASSOCIATED PRESS



A healthy helping of maple syrup with haggis

Flag bearer Susan Nattrass leads the Canadian team as it arrives at the Commonwealth Games opening ceremony in Celtic Park in Glasgow, Scotland, on Wednesday. The Canadians followed Nattrass, a seven-time world champion in trap shooting, to the tune of Arcade Fire's Rebellion (Lies) and a loud roar from the fans. Canada is fielding a team of 265 athletes and it hopes to climb back onto the overall podium after finishing fourth at the Games four years ago in New Delhi, India. Scan the image with the Metro News app for photos from the opening ceremony.

ANDREW VAUGHAN/THE CANADIAN PRESS

Weir optimistic drought may end

Canadian Open.

DeLaet, Hearn among other Canucks in the running to become first homegrown player to win event in 60 years

It was 60 years ago that Pat Fletcher won the Canadian Open.

No other Canadian has won the national open golf tournament since then, but that could change when the PGA Tour event returns this

week to Royal Montreal, the tree-lined course that played host to the 2007 Presidents Cup.

Mike Weir, Graham DeLaet and David Hearn are among the 19 homegrown players looking to end the losing run.

"It's hard to believe it's been 60 years," Weir said Wednesday after playing only nine holes of a rain-soaked pro-am event. "We have more capable players in the field now and I think we're going to see it going forward."

"It's going to end at some point, so hopefully, if not myself, it's another Canadian

What are the odds?

The Bodog gambling site has Dustin Johnson, Jim Furyk and Matt Kuchar as the betting favourites at 12-1, with DeLaet of Weyburn, Sask., as the eighth favourite at 25-1.

that gets it done this week. It would be nice to get the streak over so we don't have to talk about it any more."

Victory at the Canadian Open has never been more accessible thanks to a less-

than-desirable date — just after the British Open, which ended with Rory McIlroy's impressive victory on Sunday at Royal Liverpool.

Most top golfers don't want to play the week after the British, although the Canadian Open helps those who do by laying on a charter flight to get them in early to readjust to the Eastern time zone.

Only eight of the top 50 players on the Tour's FedEx Cup standings are in the field, although they include third-place Dustin Johnson and fourth-place Matt Kuchar.

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crossword and Sudoku answers.
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→ See the full
 instructions
 on Metro's
 Voices page.

Horoscopes by Sally Brompton**♈ Aries****March 21 - April 20**

Commit yourself to a goal that others say is beyond your reach. With the Sun linked to Jupiter today there is nothing you cannot do. You will take delight in proving the doubters wrong.

♉ Taurus**April 21 - May 21**

Someone close to you needs a confidence boost and you are the one who can offer it. Do what you know will make them feel good about themselves.

♊ Gemini**May 22 - June 21**

Use your mind more over the next 24 hours. Take on mental challenges that at other times might confuse or bemuse you. The more you use your brain power, the more you will gain.

♋ Cancer**June 22 - July 23**

The best way to deal with your current problem is to let it be. You may want to put the world to rights but the planets say it isn't going to happen, so relax.

♌ Leo**July 24 - Aug. 23**

The Sun close to Jupiter in your sign means the bad times are now over and you will go to the other extreme and have the time of your life.

♍ Virgo**Aug. 24 - Sept. 23**

That nagging voice at the back of your mind is trying to tell you something important, so listen. If you don't you may look back later and wish you had been more trusting of its words.

♎ Libra**Sept. 24 - Oct. 23**

You have talent but it is only one part of the equation. The more vital part is enthusiasm, and with Jupiter strong in your chart at the moment you've got it coming out of your ears.

♏ Scorpio**Oct. 24 - Nov. 22**

Current influences will give a boost to your ambitions but success won't just land in your lap. You'll have to work for it.

♐ Sagittarius**Nov. 23 - Dec. 21**

Confidence will not be in short supply over the next few days but what about common sense? The good news is you seem to have learned how to set goals. You'll go far.

♑ Capricorn**Dec. 22 - Jan. 20**

It's not often you probe the deepest corners of your mind but over the next 24 hours you will ask some rather profound questions. You already knew the answers though.

♒ Aquarius**Jan. 21 - Feb. 19**

If you want to get things done over the next few days you must bring others into your plans. If you think you can do it your own you are mistaken.

♓ Pisces**Feb. 20 - March 20**

The cosmic powers never ask you to do more than you are capable of, so don't worry if the assignment you have taken on looks huge — you will find a way to ace it.

Crossword: Canada Across and Down by Kelly Ann Buchanan**Across**

1. "Sure ____ standing here!"
 5. Vancouver Island natural wonders

10. Cheer
 14. Fashion designer, ___ Rabanne

15. Eurythmics' "Would I ____ You?"

16. Equal
 17. Long journey

18. ___-fartsy

19. Appraise
 20. Vault

21. Jann Arden's "Could ___ Your Girl"

22. ___ Energy of Canada Limited

24. Director Mr. Bergman

26. ___ a clue (Doesn't know)

27. Sports venue

29. Canadian actor Victor

32. Mint drinks

34. Lunchtime

35. Shape, axe-style

38. Raggedy Ann's pal

39. Quizzes

41. ___ cow (\$\$\$)

42. CV

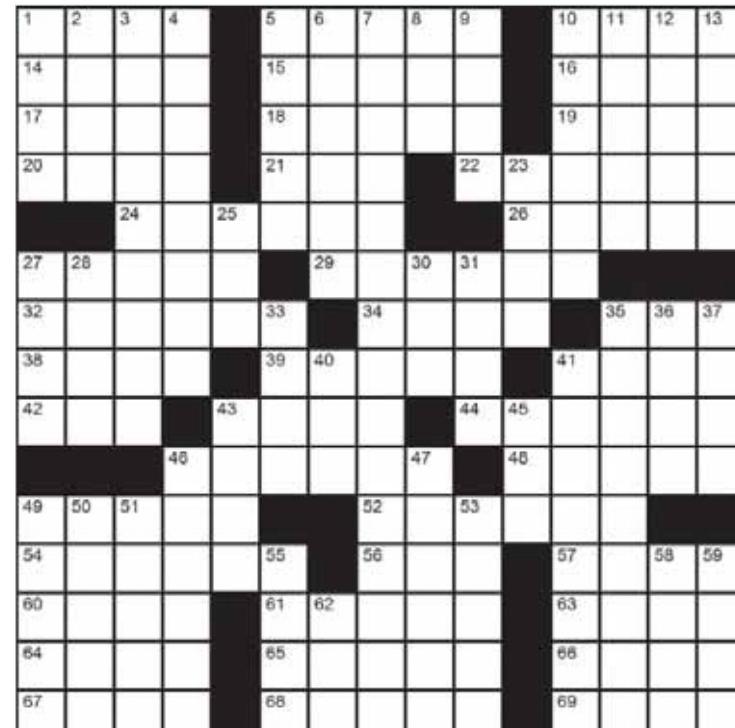
43. Ex-Idol judge Ms. DioGuardi

44. President's ___ (Canadian brand in select grocery stores)

46. Music - Non-flats/ Non-sharps: The ___

48. "The King", in Spanish: 2 wds.

49. "Encore!"



52. Ontario: Bruce Peninsula attraction, ___ Five National Marine Park

54. "Bye Bye Mon Cowboy" songstress

56. Mount ___ (Volcano of Japan)

57. Tide type

60. 1700s French novel, Gil ___

61. Incisions

63. ___ have to do."

64. Drawn dog

65. Donald Trump's second wife Ms. Maples

66. Comfort

67. Everyone, in Dixie

68. Grateful Dead's ___ Jones"

69. Untidy type

scenic drive, ___ Parkway

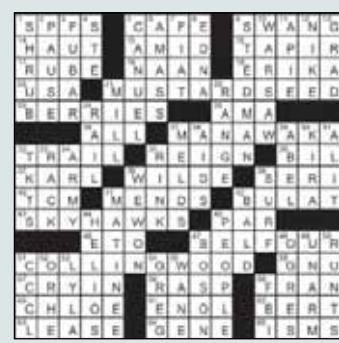
4. East Coast music:

"Sucker" by ___ with Joel Plaskett

5. Purport

6. Car safety feature

7. Julian Fantino, Minister of ___

Yesterday's Crossword**Online**

See today's answers at
metronews.ca/answers

**Sudoku**

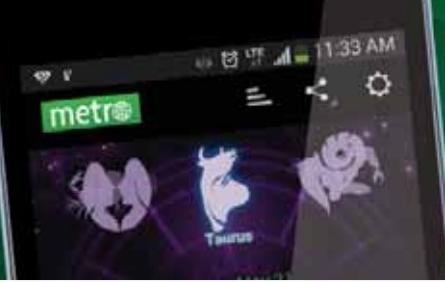
How to play
 Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	4	2	5	3	6	9	7	8
7	3	9	8	2	4	5	6	1
8	5	6	7	1	9	3	2	4
4	9	3	1	5	2	7	8	6
5	6	1	4	7	8	2	9	3
2	7	8	8	9	3	1	4	5
6	2	5	9	8	1	4	3	7
3	1	4	2	6	7	8	5	9
9	8	7	3	4	5	6	1	2

7		5		2
6	2	9	4	3
1	2	7	8	
2				5
3				7
1		4	5	
5		9	7	6
1	7	3	9	4
5		8		6

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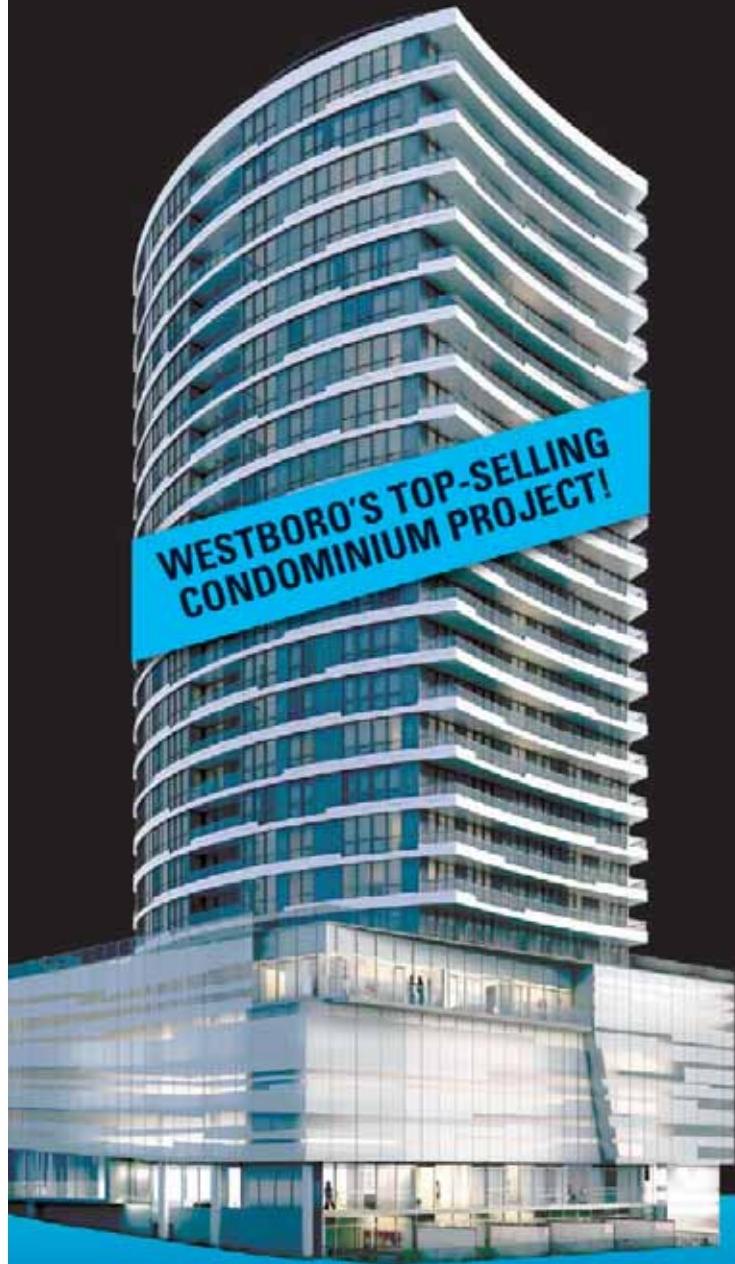
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